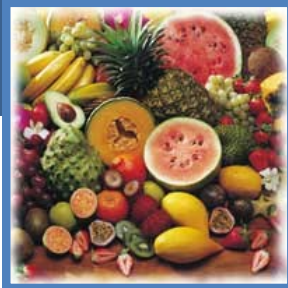


Virginia Cooperative Extension

# MASTER FOOD VOLUNTEER



- Love to Cook?
- Want to Learn More About Nutrition and Wellness?
- Want to Make a Difference in Your Community?



Sign up to be on the waiting list for the Master Food Volunteer Training Program taking place in September 2016!

## Training includes:

- Basic Nutrition
- Meal Planning
- Cooking Techniques
  - Food Safety
- Exercise and Healthy Lifestyles
- Working with Diverse Audiences

## Opportunities for service:

- Food Demonstrations & displays at health fairs, farmers markets and schools
- Grocery Store Tours
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation

**And much, much more!!!**

An interview process will occur after an application is submitted.

**Interested?** Contact FCS SNAP-Ed Agent Ann Vargo by emailing [avargo@vt.edu](mailto:avargo@vt.edu) or calling 804-433-2556